

MOUNTAIN VIEW SENIOR CENTER

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 • 650-903-6330



Holidays:
September 6, November 11,
November 25-26
The Senior Center will be
closed, and no classes will
be held on these dates.

FALL 2010 CLASS GUIDE

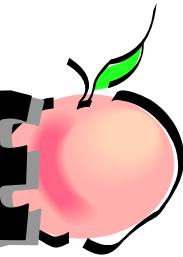


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Anyone who stops learning is old, whether this happens at twenty or eighty. Anyone who keeps on learning not only remains young, but becomes constantly more valuable regardless of physical capacity. -Harvey Ullman

SIGN UP NOW! Registration Information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

MV-LA - Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA.
2. Call (650) 940-1333 with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net.

DEANZA - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call (408) 864-5300.

VOLUNTEER - These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CAPITAL IDEAS IN CALLIGRAPHY - Students will work on lettering and designing place cards, menus, invitations, and announcements for a special event. Learning important layout techniques will be included. Beginning and continuing students are encouraged to attend. Supplies will be discussed at the first class meeting - if you have lettering materials, bring them. \$5 Materials fee due to instructor at first class. No class 11/26.	MV-LA	F	9/10-12/10	9AM-12PM	\$94/\$114 + \$5 Materials Fee	ARTS + CRAFTS ROOM	S. FRANK
CERAMICS: BASIC / INTERMEDIATE TECHNIQUES - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. Materials furnished for small fee.	MV-LA	W	9/8-12/15	1-4PM	\$92/\$112 + Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CERAMICS: EARTH, GLAZE, and FIRE - Throwin' down the clay for Beginning and Intermediate students...You will learn various techniques in claywork and glazing. By the end of the session, you will have completed work to take home. Materials furnished for small fee. No class 11/11, 11/25.	MV-LA	TH	9/9-12/16	9AM-12PM	\$80/\$100 + Materials Fee	ARTS + CRAFTS ROOM	S. WORLEY
CERAMICS: SMALL SCULPTURE - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. Materials fee of \$20 for clay and glaze payable to teacher at first class.	MV-LA	W	9/8-12/15	9AM-12PM	\$92/\$112 + \$20 Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class 9/6.	VOLUNTEER	M	ONGOING	9AM-12PM	FREE	ARTS + CRAFTS ROOM	J. FERREIRA

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ARTS AND CRAFTS CLASSES

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DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and floral will be emphasized. Materials list available at first class.	MV-LA	T	9/7-12/14	9AM-12PM	\$92/\$112	ARTS + CRAFTS ROOM	B.DIXON
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. \$45 model fee payable to instructor at first class meeting. No class 11/11, 11/25.	MV-LA	TH	9/16-12/16	1-4PM	\$74 + Model Fee	ARTS + CRAFTS ROOM	K. YOUNG
KNITTING AND CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	VOLUNTEER	W	ONGOING	1-3:30PM	FREE	MULTI B	J. BAUMGARDNER
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction. All are welcome!!	VOLUNTEER	W	ONGOING	9AM-12PM	FREE	MULTI B	TBA
QUILTMaking TECHNIQUES - This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. \$4 materials fee payable to instructor.	MV-LA	M	9/13-11/22	1:30-4PM	\$72/\$92 + \$4 Materials Fee	MULTI B	P. BELLAMY

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CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
QUILTING ALL DAY - Enjoy a fun day of quilting, lunch and laughter. Make the blocks you need for a great lap quilt. Bring basic sewing supplies, rotary mat, ruler, cutter, sewing machine and a simple treat to share for lunch. The design will be impressive, but simple to sew, and the company will be great. A little quilting experience is required. The sample quilt top will be on display at the MV Senior Center after mid-October. Supply list will be sent. Register for the class by 12/17.	MV-LA	M	1/10/2011	9AM-3PM	\$20/\$30	MULTI B	P. BELLAMY
WOODCARVING: DROP-IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 9/6.	VOLUNTEER	M	ONGOING	1-4PM	FREE	ARTS + CRAFTS ROOM	J. HUNTING

COMPUTER CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
DIGITAL SCRAPBOOKING - Use hands-on activities to learn how to acquire, organize and edit pictures for digital scrapbooking. Create digital pictures of special events using Photoshop Elements. Please bring your digital camera to class. Prerequisite: Meet the PC or equivalent, knowledge of word processing and some experience with Internet.	MV-LA	M/W	10/25-11/10	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
GETTING CONNECTED WITH FACEBOOK - Expand your social network and make new friends with the Facebook web-based application. Learn how to stay connected with friends and family by creating your very own Facebook page. Learn how to upload pictures to create online photo albums to share and enjoy with others. Prerequisite: Meet the PC or equivalent.	MV-LA	T/TH	9/14-9/30	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER

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COMPUTER CLASSES

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HOLIDAY CALENDARS WITH DIGITAL PICTURES - Get ready for the holidays by making personalized calendars with pictures from your own digital camera. Impress friends and family with this handcrafted gift. Learn how to retrieve, organize and edit pictures from your digital camera. Discover how to upload your pictures onto a calendar template. Please bring your digital camera to class. Prerequisite: Meet the PC or equivalent, knowledge of word processing and some experience with Internet.	MV-LA	M/W	11/15-12/1	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
MANAGING YOUR PICTURES ON THE PC WITH PICASA - The world of photography has gone digital and managing pictures moved from albums and shoeboxes to the PC. Picasa is free software that makes it easy to view, organize, edit and share the digital photos on your PC and in web albums. Course topics include downloading photos from digital cameras, arranging pictures in PC albums, clearing red-eye and other effects, and posting shared pictures on the Internet for friends, co-workers, and family.	MV-LA	M/W	10/4-10/20	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	M/W	9/13-9/29	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER
PHOTOSHOP ELEMENTS - Want to enhance and edit your photos? Using Quick Fix and Standard Edit, learn to select, crop, clone, adjust color, add text and create professional looking photos. Practice printing single or multiple photos of different sizes. Bring in your digital camera.	MV-LA	T/TH	10/5-10/21	9-11AM	\$48/\$68	TECHNOLOGY ROOM	M. SINGER

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DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic popular social dances in variety of ballroom dance styles, like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill and fitness level, but your overall health and happiness as well. No class 11/11, 11/25.	IN CLASS	TH	ONGOING	2:45-4:30PM	FREE	MULTI A	G. CHEN
CHINESE FOLK DANCING GROUP - The format of this class includes stretch and barre fundamentals followed by Chinese Folk Dance. Anyone can join regardless of prior dance experience. Besides getting in shape, you can also learn about Chinese culture and make new friends. No class 9/6.	VOLUNTEER	M/W	ONGOING	7-9PM	FREE	DANCE AND MOVEMENT ROOM	TBA
CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of our mind and body. We practice Chinese folk dances once a week and do several performances annually. No class 11/26.	VOLUNTEER	F	ONGOING	2-4:30PM	FREE	DANCE AND MOVEMENT ROOM	W. TANG
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed. No class 11/26.	VOLUNTEER	F	ONGOING	1-2PM	FREE	MULTI A	J. LIANG
SOCIAL DANCE CLUB - This club plays US, Chinese and South American music from the 50s, 60s, and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come join our Monday night "Dancing with the Oldies", and dance the night away. No class 9/6.	VOLUNTEER	M	ONGOING	7-9PM	FREE	MULTI A	D. WU
SQUARE DANCING - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed. No class 11/26.	VOLUNTEER	F	ONGOING	2:15-3:15PM	FREE	MULTI A	A. KNOPPE

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DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
WORKOUT ON BROADWAY: LEVEL I - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgeway has over 30 years experience dancing and getting in shape! No class 11/11, 11/25.	MV-LA	T/TH	9/7-12/16	2:15-3:30PM	\$96/\$116	DANCE AND MOVEMENT ROOM	M. RIDGWAY
WORKOUT ON BROADWAY: LEVEL II - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgeway has over 30 years experience dancing and getting in shape! No class 11/11, 11/25.	MV-LA	T/TH	9/7-12/16	1-2:15PM	\$96/\$116	DANCE AND MOVEMENT ROOM	M. RIDGWAY

EDUCATIONAL CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CURRENT AFFAIRS - Join this class, and you're sure to be involved in a stimulating and thought provoking discussion and analysis of current events. Explore your ideas and opinions of issues, including: national news, the economy, upcoming elections, the environment, the future of Moffett Field, the 49ers in Santa Clara, and development and changes in Mountain View and Los Altos. Bring your questions and topics as you delve beyond the headlines.	MV-LA	M	9/13-12/13	1-3PM	\$58/\$78	MEETING ROOM	J. MATHER

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EDUCATIONAL CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher. No class 11/11, 11/25.	MV-LA	TH	9/9-12/16	12:30-3:30PM	\$94/\$114	MEETING ROOM	S. HALLORAN

EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Mats provided. No class 11/26.	MV-LA	F	9/10-12/10	10-11:15AM	\$42/\$62	MULTI A	J. ELVIN
FLOWING MOVEMENT - Would you like to experience vitality, joy, and ease in your body? Reduce pain? Cope more effectively with stress? Stay healthy and active as you age? Rosen Method Movement is a playful, low impact, highly enjoyable way to bring the benefits of exercise into your life. These gentle, non-aerobic movements are done to music that inspires you to move. Enjoyable for all ages and suitable for those recovering from injury or who have physical limitations. Please bring yoga mat or large beach towel to class for floor exercises.	MV-LA	T	9/7-12/14	5:30-7PM	\$58/\$78	MULTI A	V. HILLS

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EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
THE JOY OF MOVEMENT - The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary. *There is a \$15 materials fee.	VOLUNTEER	W 2x each month	9/8-12/15 *See instructor for specific dates for each month	7-9PM	\$15 Materials Fee	SOCIAL HALL	K. URBAN
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY (Session I) - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body.	DEANZA	M/TH	9/13-10/21	M-1-2:30PM TH 10-11:30AM	\$60	MULTI A	S. LOHMANN
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY (Session II) - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class 11/11, 11/25.	DEANZA	M/TH	10/27-12/13	M: 1-2:30PM TH: 10-11:30AM	\$60	MULTI A	S. LOHMANN
LOW IMPACT AEROBICS (Session I) - This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. No class 10/12, 10/14.	DEANZA	T/TH	9/13-10/28	1-2:20PM	\$60	MULTI A	D. ARNOLD-AMMON
LOW IMPACT AEROBICS (Session II) - This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. No class 11/11, 11/25.	DEANZA	T/TH	11/2-12/18	1-2:20PM	\$60	MULTI A	D. ARNOLD-AMMON
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited.	MV-LA	W	9/8-12/8	5:30-7PM	\$50/\$70	MULTI A	L. SIMS

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QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. No class 11/11, 11/25.	IN CLASS	TH	ONGOING	10-11:30AM	\$10/MO	COMMUNITY CENTER	O. WANG
STEPPING STRONG - Increase regular physical activity through cooperation, encouragement, goal setting and incentives. You will receive a pedometer and charts to track your goals and progress. Included in the program are nutritional adjustments, weekly meetings to make new friends while getting practical health and wellness information, optional "happiness" assignments, accountability support and lots of recipes, tips and information to improve your health and wellness. 100% of the participants in the pilot program reported benefits! Offered by Lifelong Fitness Alliance, a 28-year old non profit organization. *\$25 class material fee, \$10 if you already have a pedometer. Scholarships available for those who qualify. No class 11/11, 11/25.	VOLUNTEER	TH	9/16-12/2	10-11:30AM	\$10/\$25 Materials Fee	CONFERENCE ROOM	D.GLADSTONE
STRONG FOR LIFE - Strong for Life is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physicians clearance forms from the instructor.	IN CLASS	T	ONGOING	10:30 - 11:15AM	FREE	DANCE AND MOVEMENT ROOM	TBA
T'AI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 9/6.	IN CLASS	M	ONGOING	10:15AM-12PM	\$12/MO	MULTI A	O. WANG

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T'AI CHI / QIGONG - T'ai Chi has been practiced for hundreds of years and has been proven to increase flexibility and strength, while decreasing stress. Come and learn flowing, meditative movements while having fun!	DEANZA	M	9/20-12/13	2:30-4:30PM	FREE	MULTI A	D. MARRIOTT
YOGA, ADAPTIVE HATHA YOGA - This class especially designed for those of us with physical concerns. It offers instruction in the basic Yogic postures, repetitive rhythmical movements, pranayama (breath techniques), deep relaxation and meditation. Focus will be on modification of postures to fit our individual needs while enhancing our strength, flexibility, balance, coordination and calm mind. No class 11/11, 11/15, 11/18, 11/25. Makeup class dates are 11/9 & 11/23.	IN CLASS	M/TH	9/20-12/16	8:45-10AM	\$120/\$60	MULTI A	M. ALEXANDER
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement.	VOLUNTEER	W	ONGOING	10-11:15AM	FREE	DANCE AND MOVEMENT ROOM	N. SUBRAMANIAN

LANGUAGE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ESL: LITERACY/ BEGINNING LOW - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class 11/11, 11/25, 11/26.	MV-LA	M/TH/F	9/9-12/17	8:45-10:15AM	FREE	MEETING RM	H. CHOY

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LANGUAGE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ESL: BEGINNING HIGH - This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class 11/11, 11/25, 11/26.	MV-LA	M/TH/F	9/9-12/17	10:30AM-12PM	FREE	MEETING RM	H. CHOY
ESL: INTERMEDIATE - This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No class 11/11, 11/25, 11/26.	MV-LA	M/TH/F	9/9-12/17	8:45-10:15AM	FREE	MULTI B	C. STORCKMAN
ESL: ADVANCED LOW - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No class 11/11, 11/25, 11/26.	MV-LA	M/TH/F	9/9-12/17	10:30AM-12PM	FREE	MULTI B	C. STORCKMAN
ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting. No class 11/26.	VOLUNTEER	F	ONGOING, BEGINNING 9/10	1-3PM	FREE	MEETING ROOM	N. ROSS E. MURRAY

SIGN UP NOW! Registration Information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

MV-LA - Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at 333 Moffett Blvd, additional class description information is available through MV-LA.
2. Call (650) 940-1333 with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net.

DEANZA - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call (408) 864-5300.

VOLUNTEER - These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

MUSIC CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American Seniors who love to sing. Chinese classical, popular and folk songs are practiced once a week and performed at local communities and special events. Come join our group!	VOLUNTEER	T	ONGOING	2:30-4:30PM	FREE	MULTI A	C. ZHOU
CHORUS - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. Music fee of \$20 collected at first class.	MV-LA	W	9/8-12/15	9:30-11:30AM	\$41/\$81 + \$20 Fee	MULTI A	M. RIDGWAY
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are provided by instructors and are in Chinese.	VOLUNTEER	T	ONGOING	1-4PM	FREE	ARTS + CRAFTS ROOM	J. LIANG + C. CHOW
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net .	MV-LA	W	9/8-12/15	1:15-4PM	\$79/\$99	MULTI A	S. MACY